

TERM 1 2020-2021

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A Message from
Pippa

Dear Parents,

As our extra ordinary dance term began back on September 8th, it was an absolute pleasure to see some of our students coming into the studio, and simply delightful to hear Ms. Jane's voice through the doors and the windows on Saturday morning.

Mr.Truth gave the studio and the Gym such a lift when he started the Acro classes on Tuesday and Thursday afternoons. The energy from Mr. Truth and the students has helped to sustain all of us through these unprecedented times that we still find ourselves in at present.

I would just like to thank all our parents, students and staff for their positive outlook and their continued support to the Academy and Pippa's Gym. I believe we are all remaining optimistic that in January 2021 we will be able to resume our dance schedule to the full.

Please continue to ensure the Children get enough exercise and their diet is full of wonderful nutritious foods. A gentle reminder to limit screen time and to get them to do practical assignments around the house and the garden. We need to go back to basics more than ever before.

Wishing you all well.

Pippa

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A MESSAGE FROM MISS JANE

A big hello from me, I am missing our dance classes so much but I am very happy with our Saturday classes and can't emphasize enough of the importance. We have been keeping safe, inside, for a very long time and this is going to result in other problems that will become clear later down the road.

Firstly for humans we desperately need interaction with others as we are very sociable beings which we learn as children.

Secondly, our personal fitness is extremely important in building a stronger immune system/ a stronger body.

I look forward to seeing you all again soon, in person!



A MESSAGE FROM MR TRUTH

Hello Parents and Dancers!!!!

Always remember, "an extraordinary dancer is the one who goes the extra mile to get better".

Consistency is necessary to improve and achieve control over your body. Working on your flexibility is very necessary to avoid injury whether you are incredibly flexible or not, control is needed to manage mobility in order to prevent injury and flexibility is needed to balance strength.



Acro dance class does not only work to improve the dancers confidence and coordination, but also their flexibility and strength. The dancer may not even realize they're building up muscle strength during practice.

Remember!!!!

Acrodance is not about showing off and how far your legs can stretch, but how far your perseverance can stretch!!!

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NANNIES AND DRIVERS

Nannies and drivers are not permitted in the lounge area of the club. This is a private facility and accessible to members and parents only, especially now that we are adhering to the Health Protocols.

Nannies and drivers are asked to wait in their cars, at front reception, or the bleachers opposite the gym.

Please note the staircase and hallway is a NO WAITING ZONE FOR ALL.

TUMBLE TOTS

Pippa's Health Centre offers a soft play activity every Monday, Wednesday and Friday morning from 10am to 12pm for children between the ages of 1 & 3 years. Many a budding ballerinas and martial artists began their path from Tumble Tots!

Please see our website for more information.

A GREAT MEMBERSHIP DEAL FOR THE PARENTS OF MFDA!!!

We have a special gym membership package for our dear MFDA parents, the 3 months membership is offered at a price of only Ghs550! So now, whilst you are waiting for your child to finish their class you can also be enriching your life with wellness.

Especially now with the current world health crisis it is imperative for you to take better care of yourself. It is an investment that you will never regret. Talk to one of our Personal Trainers today and see how we can help you in reaching your health and fitness goals.

There will also be a further promo coming your way in December! You can get a ONE YEAR MEMBERSHIP for ONLY GHS3990!!! That's a whopping Ghs1000 off! Why not gift the gift of health to your loved ones this Christmas!

Speak to the Front Office for further information today!

NEW SXLF WEBSITE!

Pippa's Health Centre's sister company Solutions to Exercise Through life (S.Ex Life) website is up and running. Now you can view AND purchase the full range of products we offer from high quality fitness products to beautiful outdoor furniture from Alexander Rose, right from the comfort of your home.

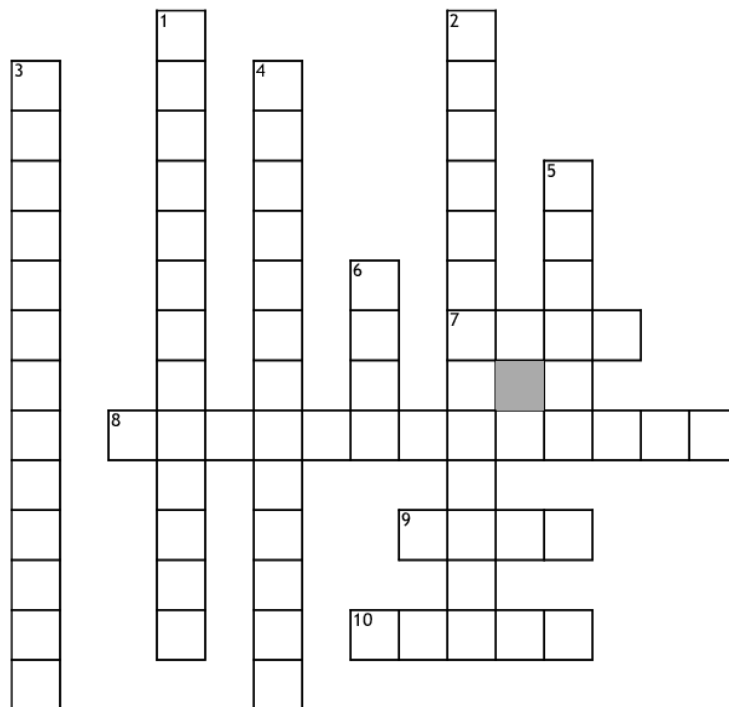
Please have a look at their website: <https://s-ex-life.com/>
Or inquire at the front desk for more information today!

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CURRENT PRECAUTIONARY MEASURES AGAINST COVID

- Hand cleansing before and after entering the gym.
- Checking of temperatures at the front desk.
- Maintaining the government set social distance and having no more than 15 students in the studio at one time.
- The studio to be well ventilated with open windows.
- Having a 10 minute interval between all classes to allow sanitisation of all surfaces and ventilation of the studio.
- Please note spaces are limited and we can only accept students on a first come first serve basis.
- It is imperative for children to be given the correct amount of physical exercise for a stronger body, bones and immune system.
- Please note the staircase and hallway is a NO WAITING ZONE FOR ALL.

JUST FOR FUN!



Across

7. bend at your knees
 8. a position where your feet make a "V"
 9. a brush off the floor that goes as high as possible (grand battement)
 10. brush to point your foot

Down

1. a position where your heel touches the middle of your foot
 2. a position where your feet are apart
 3. forth position closed
 4. a position like third but one foot is in front of the other
 5. a style of dancing
 6. a jump where you jump from one foot to the other

Word Bank

second position
 pile
 ballet

first position
 leap
 fifth position

third position
 tendu

kick
 forth position